

Benefits of quitting commercial tobacco:

- ☞ You will feel better
- ☞ Your energy will improve
- ☞ You will reduce the risk of illness
- ☞ You will live longer
- ☞ Food will taste better
- ☞ You will save lots of money
- ☞ You will prevent fires

- ☞ You will be a good example for your family
- ☞ Your children will get less colds, ear infections and asthma attacks
- ☞ Your babies and children will be healthier
- ☞ You will protect the people you love

*Respect your culture,
keep tobacco sacred.*

You can call the Arizona Smokers'
Helpline for
additional information and support. The
toll free phone number is:

1-800-55-66-222

You can also call

at _____

for advice and support in quitting com-
mercial
tobacco products.



Why QUIT Commercial Tobacco?



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Prepared by The University of Arizona
Mel & Enid Zuckerman College of Public Health
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**THE UNIVERSITY
OF ARIZONA**

Arizona's First University.

**Arizona
Department of
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Tobacco is a sacred plant that has been used by Native Americans for thousands of years for religious, ceremonial, and medicinal purposes.



Sacred or traditional tobacco is different from commercial tobacco. Commercial tobacco contains many added chemicals that are harmful to the health of American Indian people. People who smoke or chew commercial tobacco may suffer:

- ✿ Heart Disease
- ✿ Stroke
- ✿ Lung Cancer

- ✿ Bronchitis and emphysema
- ✿ Mouth and throat cancer
- ✿ Gum disease
- ✿ Worn-down teeth
- ✿ Stomach and intestinal ulcers



- ✿ Cancer of the pancreas, bladder, cervix, and others
- ✿ Impotence
- ✿ Infertility
- ✿ Miscarriages
- ✿ Osteoporosis
- ✿ And many others

The smoke released from cigarettes, pipes or cigars and exhaled by smokers is harmful to non-smokers. Second hand smoke can cause:

ADULTS

- ✿ Lung Cancer
- ✿ Heart Disease
- ✿ Frequent respiratory infections

CHILDREN

- ✿ Bronchitis
- ✿ Asthma attack
- ✿ Middle ear infection
- ✿ Pneumonia
- ✿ Frequent respiratory problems
- ✿ And many others